

**Amendments to the Specification:**

Please amend the paragraph bridging pages 2 and 3, beginning at page 2 at line 25, as follows:

When the top of a bat or golf club is attached to a cable crossover resistance device, or even when such sports specific equipment is attached at one point, and the other end is attached to a secure point, the user's sequential muscle activity will not be the same as it is when performing the movement with the normal piece of equipment. Also, the user will be using additional or extra muscle contractions because of the single attachment method. For example, if the golf club is attached at the top, once resistance starts and the user moves ~~movers~~ from one position to the next, as for example when starting a swing, the wrist and forearm muscles are being over worked and the user's technique is being forced to change because of it. Moreover, other muscles may also be being over worked while others are being left out.